



# NEWSLETTER

DECEMBER

SCRANTON PRESCHOOL



## *What's Happening at the Preschool???*

### HOLIDAY FUN

November was an exciting month for our little CHARGERS. We inspired and empowered our students to practice gratitude and give thanks to all the special people in their lives. Thanksgiving was a great time to learn about the history our nation's people and celebrate food and nourishment.

### PICTURE RETAKES

SAC picture retakes are scheduled for Tuesday, December 5th. If you would like for your child to participate, please let Kaitlyn in the office know!

## *SAVE THE DATES*

- DEC. 1 NO SCHOOL (Preschool Only)
- DEC. 1 Well Child Screenings at SAC
- DEC. 5 SAC Picture Retakes
- DEC. 20-Jan 3 Winter Break
- JAN. 4 Classes Resume
- JAN. 5 NO PRESCHOOL (Early Childhood Professional Development)



Happy Holidays from all of our  
little TURKEYS!



## TIS THE SEASON

Throughout the winter season there are opportunities that support families through both community events and charitable donations. Please check out local events to get your children involved in community fun.

Let's Help in Topeka KS provides food assistance to Osage County families in need during the holidays. There are also emergency services to help with rent, utilities, and medications. You can reach them at:  
785-234-6208

**Overbrook PRIDE invites you to a night of caroling, cocoa, cookies & city tree lighting.**  
**Saturday, December 9, 2023**  
**7:00 pm**  
**Overbrook Historical Society lot**  
*(next to Overbrook Post Office)*  
**Enjoy the Chili Contest at the Library,**  
**then pop over for a traditional**  
**hometown Christmas Tree Lighting.**

**The Scranton Angel Tree Annual Christmas Parade**  
 December 9th 2023  
**Line Up-5:30 Start-6:00**  
 Anyone and Everyone is welcome to drive in the parade or sit up on mainstreet to watch!  
 Line up is at Scranton Attendance Center

**2023 Christmas in Carbondale**  
 presents  
**Welcome to Whoville**  
 Downtown Carbondale Venues Sunday December 3rd 2023

**Schedule of Events**

**ELM BUILDING**

- 9:00AM VENDOR SET-UP
- 11:00AM - 3PM HOLIDAY VENDOR MARKET
- 11:00AM - 1:00PM CHILI FEED LUNCHEON BY GIRL SCOUTS

**CITY HALL**

- 10:30AM - SET-UP WHOVILLE GINGERBREAD DISPLAYS
- 11:00AM - VOTING OPENS FOR DISPLAYS
- 1:00PM - WHOVILLE LOOK ALIKE CONTEST
- 1:30PM - COCOA & CIDER SERVED
- 4:30PM - MAI'S COSTUME CONTEST FOR (LEASHED) DOGS
- 4:55PM - WINNERS ANNOUNCED FOR GINGERBREAD DISPLAYS, WHOVILLE LOOK ALIKE & MAI'S COSTUME CONTESTS!
- 5:00PM - TREE ILLUMINATION & CIRCLE SING-ALONG
- 5:30PM - CHRISTMAS LIGHT CARAVAN
  - MAP OF ENTRIES PROVIDED DAY OF EVENT

**CITY LIBRARY**

- 3:00PM COOKIE CONTEST
  - SANTA VISITS
  - FBLA ASSISTS LETTERWRITING TO SANTA

**FIRE DEPARTMENT**

- 4:00 - 6:00PM KID CRAFTS & FREE HOT DOG DINNER PROVIDED BY CARBONDALE POLICE DEPT.

**Join the Whobilation**



# DECEMBER PRESCHOOL NEWS



## WELL CHILD SCREENINGS

If your child is birth to 5 years of age and has not had a Well-Child Screening, please call the school to sign up. If you plan to attend preschool next year you will need to have a screening before summer. Our next screening is Friday, December 1st.

## FRIENDLY REMINDERS

- Please send your child to school with warm clothes, coats, gloves, and hats. If your child needs any of these items please reach out to the school. We have plenty of items to support our CHARGERS!
- Please follow our Scranton Preschool Facebook page.
- We ask that you not drive through the gates during arrival and dismissal to protect our students and staff getting on and off the bus.

## PARENT EDUCATION

### Self Regulation Strategies

<p><b>1. Take a Time-In</b> </p> <p>Spend 5 minutes in a calm, quiet space with the child. Connection is a key component of self-regulation.</p>	<p><b>7. Smell the Flowers</b> </p> <p>The scent of lavender can reduce anxiety. Mindfully smell fresh or dried lavender flowers with the child, focusing on how the smell makes them feel.</p>
<p><b>2. Listening Break</b> </p> <p>Auditory stimulation such as a meditation, soothing music, or an audio book can help re-focus children's attention.</p>	<p><b>8. Move Like Animals</b> </p> <p>Invite the child to move like an animal that they would like to feel like, such as a carefree bird or proud lion. Somatically, this can help them shift their state.</p>
<p><b>3. Rainbow Breath</b> </p> <p>Inhale and raise your arms above your head, painting a rainbow with your fingers! Exhale and return arms to your sides. Deep breathing regulates the vagus nerve.</p>	<p><b>9. Smiling Contest</b> </p> <p>See how long you can smile for together! Turning a frown upside down can really make you feel happier!</p>
<p><b>4. Sing Vowel Sounds</b> </p> <p>Singing long, open vowel sounds such as "ahh" and "ohh" can balance sympathetic and parasympathetic nervous systems.</p>	<p><b>10. Tense and Release</b> </p> <p>Invite the child to clench their fists as tight as they can, then exhale to release. Repeat with various body parts to lower cortisol levels and heart rate.</p>
<p><b>5. Face Painting</b> </p> <p>Pretend to "paint" the child's face in imaginary hues with the tip of your finger to provide sensory input.</p>	<p><b>11. Freeze Dance</b> </p> <p>Play upbeat music and instruct the child to freeze every time the music stops. Linking movement to their senses helps children regulate their bodies and minds.</p>
<p><b>6. Cool Down</b> </p> <p>Offer the child a cool glass of water or a popsicle, or run their wrists under cold water to help their nervous system reset.</p>	<p><b>12. Reflect Together</b> </p> <p>Fostering a self-reflective environment can help children learn to make better self-regulation choices in the future.</p>